## A PAGE OF WIDE AND VARIED INTEREST FOR WOMEN—TESTED RECIPES—ADVICE TO OUR GIRLS

## EIGHT WAYS TO SERVE SPINACH; TASTY RECIPES BY MRS. WILSON

In Scotch Style, a la Mode and in Appetizing Salad With Chopped Onion, Salt and Paprika

Spinach With Hollandaise Sauce Baked and Served With Cream Dressing for a Luncheon Dish

By MRS. M. A. WILSON

Copyright, 1919, by Mrs. M. A. Wilson. THIS crisp vegetable is not only an excellent tonic, and it may be twenty minutes. truly called the scavenger of the body. Spinach is exceedingly rich in valuable mineral salts, contain- and let drain, with a weight, for to taste. Pour over the spinach ing several times as much iron as three hours. Now chop fine and then when ready to serve. any other known vegetable, so for place one tablespoonful of bacon or this reason it should be served fre- sausage fat in a frying pan and add: quently during the winter months. Every cell in the body contains iron. It is one of the most important consalt is decreased in the body anemia with a slice of hard-boiled egg. is the result. This is particularly apt to occur in growing children ..

Green vegetables are valuable to contain an indigestible cellulose and add which acts as roughage. Many of us who dislike spinach do so because of the manner in which it is served. How often have you had spinach served in a sea of dark-looking liquid, with the stringy, pale-colored green stems attached to the leaves you of some very attractive ways Serve with lamb chops. of serving this vegetable.

ing of the spinach. Take your mode and then chop fine and mold greased baking dish. Bake in a then scald it with boiling water, and then break an egg into each utes and serve with cheese sauce in drain and turn the spinach into the fuls of well-sensoned cream sauce to wash with. This is necessary to cheese. Place on a baking sheet in GAY SILK LININGS free these crinkly little leaves from a moderate oven for twelve minutes the sand and grit. Now rinse in and serve with cream sauce for plenty of cold water to crisp it. luncheon in place of meat. Shake the spinach dry and place in a deep saucepan and cover and then steam gently until tender. Do not add any water. In this manner the spinach is virtually cooked in its own juices. Now turn into a chopped bowl and chop fine, and then rub through a coarse sieve and it is ready to use. You must prepare and cook the spinach early in the day so that you will have time to dressing. properly prepare it, and then, when it is wanted, simply reheat it.

Spinach Scotch Style

pared spinach, Three-quarters cupful of thick, brown gravy. One and one-half teaspoonfuls of

salt

One-half teaspoonful of white

Beat thoroughly to mix and then pour into well-greased baking dish | EVENING PUBLIC LEDGER, Philadeland sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs

Piping Hot Biscuits

Who cannot remember a certain meal where the butter flew fast and the biscuit plate kept making hurried trips to the kitchen? Was this your house? Or do they come back for more when you make

In Tomorrow's Article

Mrs. Wilson tells how to make the light delicious kind that melt in your mouth. If you want to knew how to serve a memorable supper; if you want to know the straight road to a man's heart, read what Mrs. Wilson has to say.

pleasing to the taste, but is also and then bake in a hot oven for

Spinach a la Mode

given above and then turn into sieve thick and then add sufficient salt

The prepared spinach. Heat slowly until very hot and stituents of the blood stream. When then season with salt and pepper. the supply of this valuable mineral Lift to a hot platter and garnish

Spinach Balls

Prepare spinach as for spinach a the body owing to the fact that they la mode and then place in a bowl well-greased baking dish and bake

One hard-boiled egg chopped fine, One tablespoonful of grated onion, One and one-half teaspoonfuls of

One-half teaspoonful of pepper, One tablespoonful of salad oil. Mix thoroughly and then form looking for all the world like a piece into balls and dip in beaten egg, and of seaweed? Oh, I see that you then roll in fine breadcrumbs and recognize the style. Now let me tell fry until golden brown in hot fat.

Spinach Nests.

Now place a clean cloth over the nest and cover with two tablespoon- place of meat for luncheon. sink. Use plenty of lukewarm water and one teaspoonful of grated

Spinach Salad Prepare the spinach as for spinach a la mode and then chop fine and place in a bowl and add:

One swall onion chopped fine One tenspoonful of salt, One-half teuspoonful of paprika.

Mix and then pack in demi-tusse cups to mold. Turn on a bed of crisp lettuce leaves and serve with French Spinach With Hollandaise Sauce

Cook the spinneh as given in the method and then, when ready to Place in a bord one cupful of pre- serve, reheat and make the Hollandaise sauce as follows:

Ask Mrs. Wilson

tems being them to Mrs. Wilson. through these columns. Address questions to Mrs. M. A. Wilson phia.

THE WOMAN'S EXCHANGE

## Menu—Food Value

Good for Everybody — It Helps to Ward Off Ane- Scott waved his program at her, but she mia in Children

Why It Is Important That

Five tablespoonfuls of salad oil, Three tablespoonfuls of vinegar, One tablespoonful of water. One teaspoonful of grated onion, One-half teaspoonful of paprika.

Place in a small saucepan and bring to the boiling point, and then Prepare and cook the spinach as add the yolk of one egg. Stir until

Spinach Pudding

Cook the spinach as directed in One small onion, minced very fine, the above methods and then add: One cupful of cream sauce,

One cupful of fine breaderumbs, One and one-half teaspoonfuls of | Ruth said nothing. She was thinking One teaspoonful of paprika,

One tablespeenful of grated onion. in a hot over for twenty minutes.

Souffle of Spinach

Cook the spinach as directed in the method and then place in a bowl and add Yolks of two eggs.

One tablespoonful of grated onion,

Two teaspoonfuls of salt. One tempoonful of paprika. Mix thoroughly and then carefully

fold in the stiffly beaten whites of Let us first begin with the wash- Cook spinach as for spinach a la two eggs and then pour into wellcleanser and scour out the sink and into nests. Place on a slice of bread moderate over for twenty-five min-



8. Where the summer summer is a supervisor of the sum o

And So They Were Married

By HAZEL DEYO BATCHELOR

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This Crisp Vegetable Be Often Included in the RUTH and Scott were at the theatre a few nights later when they spied Betty. Lambert on the other side of the house. Ruth had seen her before Scott exclaimed that she was there, but she Rich in the Mineral Salts had said nothing, hoping that he might not see her. She was forced, however, to send over a cold little smile when

> would not insist upon seeing Betty after-He did speak of it, though, "Shall we speak to Betty?"

hoped all through the last act that Scott

"I don't think it's necessary." Ruth's one instantly recalled the other evening and the fact that she had not forgiven Betty for what she considered her intentional roping-in of Scott for that luncheon engagement

"I never thought you had scruples about women being out anywhere at night alone. I thought you advocated the independence of women. You never seemed to worry much about me when you left me for the evening."

"I just thought it would be pleasan to say 'helln' to her."

that it seemed too bad that on one 3 the few evenings she and Scott had together gome one of his crowd had to Mix thoroughly and then pour into appear, or something unpleasant had to occur to start an argument. They argued like an old married couple whenever Betty's name had been mentioned

One cupful of very thick cream have been impossible, for no sooner did

them. "Can't you two come down to my place? We can take up some of the crowd and make a "rabbit" of something."

"We really couldn't," Buth was begin
"We really couldn't," Buth was begin-

"We really couldn't," Buth was begin-

all idea of freedship was an impossibility.

Betty did not seem to notice Ruth's alsofness. It stroppy did not occur to how that Ruth might object to that interfered with Scott, so she chritered gaily of the play as they walked along.

Scott perbying and Ruth walking in stience.

I might just as well not be here," the said to berself, "they are having a fine lime without my saying a word." Then she tried to think of a plan by which she might escape going down to Betty's guide, it were all very children and surface and site was terribly fealous. A realous wount next reasons even though she may possess a fairly good liran when she is logical.

"Why do I have to go where I don't want to got "Bark kept timking." Why should I give at to what Scott wants? She was so among that at one of the rossing, she walked along, and had to be feed back man better two bindly and had to be feed back from so have an an household walked warmingly amond in never, a pulled way from Scott's hold and sulley automobile while bashed warmingly amond in never, and may be seed the strong of man household way from Scott's hold and sulley and had to be deed back from an household alone of the other row bindly and had to be deed back from an household alone of the other row bindly and had to be deed back from an household alone of the other row bindly and had to be deed back from an household alone of the other row bindly and had to be deed back from an household alone of the other row bindly and had to be deed back from an household alone of the other row bindly and had to be deed back from an household alone of the other row bindly and had to be deed back from an household alone of the other row bindly and had to be deed back and the back from the follow of the surface of the back from the follows and the back from the follows are pulled that the back had a proper to the back from the follows and the follows and the back from the follows and the back fro

THAT JOLLY SKATING GIRL



When skating time comes a girl's thoughts turn to how she is going to dress as she flies over the silvery ice all on a winter's day. A Blue Devil tam, such as worn by the young lady of the picture, is a very good idea indeed. And a brightly colored woolen scarf that will fly back in the

"We really couldn't," Ruth was beginthing stiffly, but Scott's hearty "sure,"
came first, and Ruth Rushed angrily at
being forced to gry where she did not
want to. What made her stift more
furious was the fact that Scott knew how
she felt about Betty, and still was not
considerate choigh to refrain from accopting an invitation to her place.

As a matter of fact, Ruth would have
entoyed herself thoroughly, above all in
her softend state of mind toward all of
scott's friends, if it had not been for the
incelent of the inneheon. But Ruth, like
nearly all women, did not trust her sex
overmuch, and quee suspiceous of Hetty,
all tiles of freedship was an impose
whility.

Why Cirls Paint

Why Cirls Paint

Why Cirls Paint

Dear Cynthia—I am writing to let
the tan writing to let
there it, and "Porpicked" know that
there it is not to deto girls use paint and pocket because they
come about their looks and not to decivity accuse us of deceiving? "Explexel," If a girl told me she expected
to be organed and so please not to call
her me acain. Maybe the your send
there is no marry him. De not be
sending your other friends away because
and provide the time hearty
the world, but they were kreatly surplexel.

I think I'd be surprised myself, "Perplexel," If a girl told me she expected
to be organed and so please not to call
her me acain.

I think I'd be surprised provide the to be organed and so please not to call
her me acain. Maybe the your expect to be engaged to does not intend to ask you to marry him. De not be
sending your other friends away because
and girls use paint and pooks and not to decivity accuse us of deceiving? "Explexed." If a girl told me she expected
to be organed and so please not to call
her me acain. The world, but they were kreatly surplexed.

I think I'd be surprised myself, to be
the decived. The me know? The
her did not have be accused they
and her world, but they were kreatly surplexed.

I think I'd be in the lift the lift of the calls and not been do be
the deciving your send

American and the French girl, one little remark has stayed—made by an ground when the charms of romance all-Yankee girl—in my mind more than any other: "We have tried above much happiness in store! Adventures With a Purse

THE AMERICAN GIRL MAKES

THE IDEAL COMPANION WIFE

And She Has at Least One "Rooter" for Her in the American Expe-

ditionary Forces-Read What He Writes From

Over There?

THE American girls have at least all else," she said, "to be righthand

The American girls have at least all else, she said, to be furnished.

Tone "rooter" for them in the American expeditionary force over there counting until the day for home-coming arrives.

"Many girls seem to think." he wrote "that marriage and a carear are wrote "that marriage and a carear are

wrote, "that marriage and a career are sort of love in the world is that which inconsistent. I disagree with this comes from perfected friendship.

view. I think most girls should marry. I think these same girls should, after their marriage, keep right on developing their talents. I

think they should take an active in have opinions of their own, one of terest in outside affairs. They should them being man is not particularly be companions to their husbands, not a superior being to be continually

terest in outside affairs. They should be companions to their husbands, not merely housekeepers. The girls of other countries may not be able to do this, but American girls can. American girls are, if anything, more competent than American men, and American men are no slouches. There ought to be a lot of happy marriages between the two when the boys get back and there will be if the girls have as much confidence in us as we have in them."

THE girls of other countries may not be able to do this, but American girls can! This young lieutenant hit the nail on the head. The American girl is above all a companion.

can girl is above all a companion, their minds and their hands. When During all the discussion that has their boys come home they can weave been going on about the merits of the into remance a new understanding

FOR the girl whose toilet set is of this little piece of lingeric should prove

view. I think most girls should

SILK LININGS

AS SEEN IN COATS

Even fluith smiled at that. No natter how much she distructed Betty Lambert, she more than hated Alice and any remark about her would naturally call forth a response.

AS ILK LININGS

AS SEEN IN COATS

Even fluith smiled at that. No natter how much she distructed Betty Lambert, she more than hated Alice and any remark about her would naturally call forth a response.

Even fluith smiled at that. No natter the place at the first put a "wee" bit on, she would look—oh, so much better! And nothing pleases a boy better than to have swenteen and expect to become engaged so the place of the log of the suit opens down the telephone and asking me to make telephone and asking me to make the place of the log of the suit opens down the front, and on dither side of the log o

By CYNTHA

By CYNTHA

Another One for the Boys
Dear Cynthia—The "Please Toll Me
What to Do" column certainly does in
figure and I intruded on that diameratry. Is your sister still in town, country.

"No, they have gone back," Scott rerined.
"She lan't much like you, is she?" B tlangthed,
wen fluth smalled at that. No matter

"She lan't much like you, is she?" B tlangthed.

"No natter of the still and the still in the stil

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, Evening Public Lengen, or phone the Woman's Department, Walnut 2000.



